



# NH 5 A Day News

Promoting fruits and vegetables for better health in New Hampshire

*A growing number of Spanish resources are available across the nation and in New Hampshire. Here's a great place to start.*

## Spanish Resources

Are you looking for Spanish 5 A Day materials for your program? A growing number of Spanish resources are available across the nation and in New Hampshire. Here's a great place to start.

**5 Al Día**, a Centers for Disease Control and Prevention (CDC) website, is filled with recipes and nutrition information.  
<http://www.cdc.gov/nccdpnp/dnpa/5AlDia/>

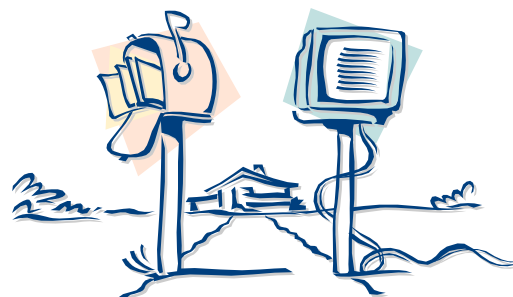
**Produce for Better Health Foundation** sells Spanish 5 A Day brochures, posters, and games.  
<http://www.shop5aday.com/acatalog/>

**MiPirámida** is the newest addition to the USDA's MyPyramid materials.  
<http://www.mypyramid.gov/sp-index.html>

**Florida Department of Health** has developed "Give Me 5 A Day," a book and music CD for preschoolers. The book comes in Spanish and English.  
[http://www.doh.state.fl.us/family/wic/Documents/Five\\_A\\_Day/Give\\_me\\_5\\_a\\_day\\_CD.html](http://www.doh.state.fl.us/family/wic/Documents/Five_A_Day/Give_me_5_a_day_CD.html)

**New Hampshire 5 A Day Program** offers a limited number of **Spanish brochures and posters** for New Hampshire health educators and providers. Call 271-4830 for a supply. The **Lending Library** (see contact info on page 3) loans out these items:

- **Kids Get Cookin'**, cookbook
- **5 A Day Bingo**, an educational game in Spanish and English
- **5 A Day and Physical Activity Toolbox for Community Educators from the California Latino 5 A Day Campaign** a kit that includes a 20-min Spanish novella video, a CD (English/Spanish songs), deck of 5 A Day English/Spanish cards, handouts, 14 lessons and more!



## Time to Renew! NH 5 A Day News Goes Electronic!

It's time to renew your subscription. Please note – **NH 5 A Day News** is now available electronically (as a PDF file). Be sure to complete the enclosed insert, **Time to Renew!**, and fax (603-271-4160) or mail it to: NH 5 A Day Program, Department of Health and Human Services, 29 Hazen Drive, Concord NH 03301.

## Obesity Assessment Report Now Available

During the summer of 2005, the NH Department of Health and Human Services conducted a statewide obesity prevention and control assessment to identify the need and interest in developing a Comprehensive Statewide Obesity Prevention and Control Plan (OPCP).

An OPCP will help develop a statewide strategy and course of action to address the implications of overweight and obese individuals as well as help develop a comprehensive list of statewide obesity prevention efforts and resources. For an electronic or hard copy of the report (limited supply available of hard copy), contact Stacey Smith at [slsmith@dhhs.state.nh.us](mailto:slsmith@dhhs.state.nh.us) or 603-271-6887.

## Winter 2006

### Inside

Ready-to-copy Handout  
for Kids .....2

Recipe: Power Gold  
Smoothie .....2

Library News .....3

More Carrot Trivia .....3

Recipe: Crunchy  
Stir Fry .....3

Order Form .....3

Carrot Trivia Answers .4

Recipe: Gingered  
Carrots .....4

Purple Carrots:  
Returning to Their  
Roots .....4

Time to Renew! ...Insert



## Inspector Produce

Pat is back! Inspector Pat Produce, PI needs your help again. This case is all about carrots!

Help collect the evidence, find the facts, run lab tests and form conclusions. Write all your answers on this case study form. Remember to get help from an adult with the lab tests.

**Case Number: CRT-1**

**Subject: Carrots**

**Collect the Evidence:** At your grocery store, buy fresh and canned carrots.

**FYI:** 1 medium carrot or 6 baby carrots is about  $\frac{1}{2}$  cup.

**Find the Facts:** Write your answers in the boxes below.

- Record the prices
- How many cups are in each bag or can?
- What is the cost per cup?

**Fresh:**

\$\_\_\_\_\_ per bag

\_\_\_\_\_ cups per bag

\$\_\_\_\_\_ per cup of carrots

**Canned:**

\$\_\_\_\_\_ per can

\_\_\_\_\_ cups per can

\$\_\_\_\_\_ per cup of carrots

**Laboratory Research:** With the help of your teacher or a parent, rinse, peel and slice the fresh carrots. Put half of both types of carrots in separate bowls for tasting. Steam both types of carrots separately in the microwave or on the stove. Wearing a blindfold, taste and rate the carrots: **Yum!, OK,** or **No Thanks.** Write here.    ⬅   ➡

**Raw**

**Out of the can**

**Steamed**

**Steamed**

**Form Your Conclusions:**

- Which one is the best price per cup?
- Which tastes the best?
- Which one would you buy next time? Why?

**Interview the cooks in your house. Ask them:**

- What kind do you use for snacking?
- What kind do you use for cooking?



## Carrot Trivia

Look for your answers online. Search for **carrot trivia**.

1. Carrots belong to the \_\_\_\_\_ family.
2. How long have carrots been around?
3. Carrots are what part of the plant?
4. What colors were the first carrots?
5. Of all the vegetables, carrots have the highest vitamin \_\_\_\_ level.
6. When were baby carrots first sold?

## Are They Really Babies?

Baby carrots were once longer carrots that have been peeled and trimmed. True baby carrots look like miniature carrots.



## Power Gold Smoothie

Makes 4 (10-ounce) servings  
Recipe from <http://5aday.com/>

2 cups chopped or grated carrots ★

1½ cups pineapple juice

3 tablespoons honey

3-4 ice cubes

½ cup vanilla nonfat yogurt

- Put carrots in blender and on high. Through lid, slowly drizzle in 2 to 3 tablespoons of the pineapple juice. Purée until smooth.
- Slowly add honey and remaining juice. Blend until smooth and frothy.
- With blender on high, add ice cubes. Blend until smooth.
- Stop blender. Add yogurt. Return lid and blend until mixed.
- Serve in chilled glasses

★ **Chef's Note:** For a smoother texture, first microwave the grated carrot with 1 tablespoon water in a covered dish on high for 2 to 3 minutes.

**Nutrients per serving:** 180 calories, 0 grams fat, 3 grams protein, 43 grams carbohydrate, 0 milligrams cholesterol, 2 grams dietary fiber.

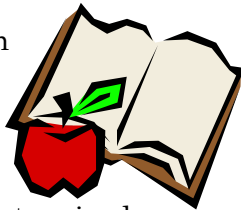
## Library News

**Color Way Creative Pockets Kit** just got better! They already had an apron, 7 nutrition lesson plans/cards, 8 ready-to-copy masters, and 116 English/Spanish produce flashcards. Now, six **Nutrition, Fitness and Play** teaching cards have been added to the kit! Each of the **new teaching cards focuses on fruits, vegetables, and physical activity** and includes:

- One activity for 2-4 year olds and another for 4-7 year olds
- Home Idea – a recipe tip and action verse that can be sent home for parents and children to enjoy
- Action Verse – a fun rhyme or verse with actions that can be done at home and/or in the classroom
- Materials list and safety tip

The cards include nutrition information for teachers plus 5 fun lessons. A DVD for educators is also available. **LEVEL:** Pre-K to grade 2.

➔ **To borrow materials, call 271-0562 or 271-7060 or email [cfirmen@dhhs.state.nh.us](mailto:cfirmen@dhhs.state.nh.us) or [jmverdon@dhhs.state.nh.us](mailto:jmverdon@dhhs.state.nh.us)**



## More Carrot Trivia

- Ladies of the English court considered carrot tops a fashion statement. The lacy green foliage provided an attractive hair ornament or an adornment on their hats.
- Storing carrots in the refrigerator will preserve their flavor, texture, and beta-carotene content. Do not store them with fruits. Fruits produce ethylene gas as they ripen. This gas will decrease the storage life of the carrots (and other vegetables). That is why it is best to store fruits and vegetables separately.
- Although carrots lose some of their vitamins when peeled, dishes made with peeled carrots taste fresher and better.

## Crunchy Stir Fry

**Makes 4 servings**

**Recipe from <http://www.cdc.gov/5aday>**

½ cup onion, sliced vertically

1 cup carrots (2 medium), thinly sliced

1 teaspoon vegetable oil

1 teaspoon dried basil, crushed

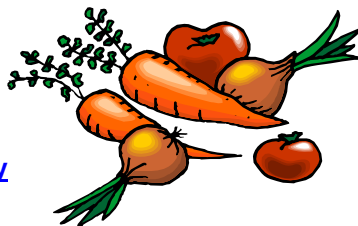
1 cup fresh or frozen Chinese pea pods

1 tablespoon water

1 golden delicious apple, cored and thinly sliced

Stir-fry onion, carrots and basil in oil in non-stick skillet until carrots are tender. Stir in pea pods and water. Stir-fry 2 minutes. Remove from heat; stir in apples. Serve hot.

**Nutrients per serving:** 74 calories, 2 grams fat 2g, 27% calories from fat, 2 grams protein, 0 milligrams cholesterol, 12 grams carbohydrate, 3 grams fiber, 12 milligrams sodium.



## Order Form

★ = Recently revised or new item

### Ready-to-Copy Materials

- ☐ Activity Sheets for Kids of All Ages
- ☐ 5 A Day Quiz
- ☐ Get Fit With 5 Bingo (“ice-breaker” educational activity with Bingo card)
- ☐ How many fruits and vegetables do adults (boys, girls) need?
- ☐ Knock! Knock! Bookmarks (60 jokes)
- ☐ What does a tennis ball have to do with fruits and vegetables?

### Programming Ideas

- ☐ Creative Ways to Add 5 A Day to Your Wellness Events
- ☐ 5 A Day Across the Curriculum
- ☐ 5 A Day at the Preschool
- ☐ 5 A Day at the Worksite
- ☐ 5 A Day Book List
- ☐ ★ 5 A Day Lending Library
- ☐ It’s an election year . . . run a produce campaign! (educational activity with ready-to-copy ballot)
- ☐ PBH Official 5 A Day Catalog
- ☐ ★ Resources for Promoting 5 A Day

**Fax (271-4160) or mail this form to:**  
**NH 5 A Day for Better Health Program,**  
**29 Hazen Drive, Concord, NH 03301**

- ☐ Please add me to the *NH 5 A Day* News mailing list.

Name .....

Title.....

Agency/School.....

Address .....

Town, State .....

Zip .....

Phone .....

- ☐ **Please e-mail me the materials at:**

E-mail .....

## 5 A Day for Better Health

is a national campaign to increase Americans' consumption of fruits and vegetables to promote good health and reduce the risk of some cancers and other chronic diseases. The national partnership includes:

- American Cancer Society
- American Diabetes Assoc
- American Heart Assoc
- California Department of Health Services
- Centers for Disease Control and Prevention
- Council of 5 A Day Coordinators
- National Alliance for Nutrition and Activity
- National Cancer Institute
- Produce for Better Health Foundation
- Produce Marketing Association
- United Fresh Fruit and Vegetable Association
- US Department of Agriculture

**NH 5 A Day News** is issued by the New Hampshire 5 A Day for Better Health Program (603-271-4830) three times a year.



## Answers: Carrot Trivia

1. Carrots belong to the parsley family.
2. Carrots originated in Middle Asia (near Afghanistan) 3,000 years ago.
3. A carrot is the root of the plant.
4. In early years, they were white, red, purple, yellow and black.
5. Carrots have more vitamin A than any other vegetable.
6. Baby carrots were first introduced in 1989.

8269

NH Department of Health and Human Services  
Division of Public Health Services  
Nutrition and Health Promotion  
5 A Day for Better Health Program  
29 Hazen Drive  
Concord, NH 03301-6504



## Gingered Carrots

From <http://www.cdc.gov/5aday/>

Serves 4

- 1 pound carrots
- 1 tablespoon margarine
- 2 tablespoons brown sugar
- ½ cup apple juice
- 1 tablespoon fresh ginger or ½ tablespoon dried ginger
- ¼ teaspoon cumin
- A pinch of salt
- 1 teaspoon white pepper

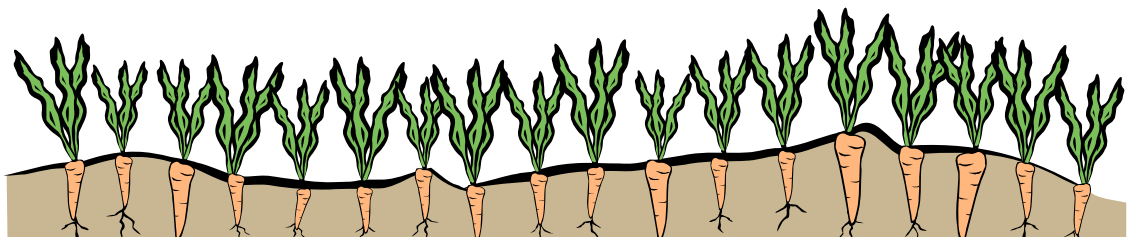


- Cook carrots in boiling water for 3 minutes or until tender. Cool.
- In a saucepan, melt margarine and sugar until it begins to boil.
- Reduce heat, cook for 5 minutes to caramelize.
- Add apple juice and bring to a boil. Cook until sauce is reduced to a light syrup.
- Add carrots, ginger and cumin. Cook on medium heat until glazed.
- Add salt and pepper.

**Nutrients per serving:** 118 calories, 3 gram fat, 0 grams saturated fat, 22 grams carbohydrate, 1.4 grams protein, 0 milligrams cholesterol, 4 grams fiber, 179 milligrams sodium, 23% calories from fat, 4% calories from protein, 73% calories from carbohydrate.

## Purple Carrots: Returning to Their Roots

Have you seen purple carrots? If you have, consider yourself a witness to a carrot returning to its roots! Carrots originated in Middle Asia 3,000 years ago. At that time, they were white, red, purple, yellow or black. With horticultural help, the bitter thin roots became the sweet, fat, orange carrots we recognize today. In the 17<sup>th</sup> century, patriotic Dutch growers favored orange – a color on the national flag – and developed orange carrots. Now, horticultural experts are at it again – they are bringing back some color varieties of yesteryear including purple. Purple carrots get their color from the phytochemical (fight-o-chemical) group called anthocyanins, which are known to help maintain a lower risk of some cancers, urinary tract health, memory function, and healthy aging.





# Time to Renew!



This will be your last issue of *NH 5 A Day News* . . .  
. . . unless, you complete and return this form.

**Fax (603-271-4160) or mail this form to:**

NH 5 A Day Program  
Department of Health and Human Services  
Nutrition and Health Promotion Section  
29 Hazen Drive  
Concord, NH 03301-6504

**If you want to reply by e-mail:**

- Be sure to save this document to *your* hard drive first. Otherwise, we will just receive a *blank* form.
- Please reply to [mfitterman@dhhs.state.nh.us](mailto:mfitterman@dhhs.state.nh.us)

*For more information, call 603-271-4830 or (in NH only) 800-852-3345, Ext.4830.*

☒ **Yes, please keep sending me the newsletter.**

Name		
Title		
Organization/School		
Address		
Town	State	Zip
Phone		
E-mail		
Please send me: <input type="checkbox"/> Electronic copy <input type="checkbox"/> Hard copy <input type="checkbox"/> Both		

**Your answers will help us with program planning.**

**1. How do you use the information in *NH 5 A Day News*? (Check all that apply.)**

- ☐ It keeps me updated on national 5 A Day news.
- ☐ It keeps me updated on New Hampshire 5 A Day news.
- ☐ I copy the handout on page 2 and give it to \_\_\_\_\_
- ☐ We tried the "Inspector Produce" activity (page 2) in our \_\_\_\_\_
- ☐ I use the recipes.
- ☐ I borrow library items described in the newsletter.
- ☐ I send in the order form to receive updated 5 A Day materials.
- ☐ It helps me plan 5 A Day promotions at my (Circle all that apply.):  
School      Worksite      Community program      Other: \_\_\_\_\_

**2. Would you be interested in serving on a committee to . . .**

- ☐ Develop a 1-week fruit and vegetable challenge for schools, worksites and communities? (3-5 meetings)
- ☐ Develop a fruit and vegetable PowerPoint presentation for consumer audiences? (2-4 meetings)
- ☐ Review newly developed 5 A Day brochures and other materials? (e-mailed to you as needed)

**3. We welcome your comments.**

---

---

**Thank you!**



# NH 5 A Day News

Promoting fruits and vegetables for better health in New Hampshire

*Perhaps the most significant finding was that the study group did not change their diets enough to meet the study goals. Even with intensive nutrition classes, the changes they made were not enough to make a difference. This underscores how difficult it is to change eating behavior.*

## Are Fruits and Veggies Really Good for Us?

Some reports about the Women's Health Initiative Dietary Modification Trial (WHI), suggest there is no benefit to eating a diet rich in vegetables and fruits. Is that true?

**How was the study designed?** The WHI was an eight-year randomized controlled study of nearly 49,000 post-menopausal women. The intervention group was put on a low-fat diet rich in grains, fruits, and vegetables to see if that would reduce their risk for colorectal and breast cancers, and cardiovascular disease. In year one, the group received 18 group lessons, led by a certified nutritionist with quarterly follow-up sessions. The control group was given some diet-related education materials and told to continue eating as usual.

### What were the dietary goals?

- Reduce total fat to 20% of calories
  - Increase daily fruits and vegetables to five servings (2½ cups)
  - Increase daily grains to six servings
- The diet did not focus on the *type* of fats to eat, but instead aimed to find out if eating less *total* fats would lead to eating less *saturated* and *trans* fats.

**What happened?** The intervention group did not reach the dietary goals. Fruit and vegetable intake only increased by 1.1 serving – a little more than 1 cup per day – not enough to make a difference. Getting 20% of calories from fat is a lofty goal and one that the group was unable to reach. The intervention group reduced total fat calories to 28.8% -- versus 37.0% for the control group.

### What were the findings?

Perhaps the most significant finding was that the study group did not change their diets enough to meet the study

goals. Even with intensive nutrition classes, the changes they made were not enough to make a difference. This underscores how difficult it is to change eating behavior.

The study did reveal an encouraging trend. The women with the greatest reduction in coronary heart disease rates were those who ate the most fruits and vegetable, or the least saturated fat, or trans fat.

**What's next?** The WHI Extension Study will continue to follow women from the WHI to measure the long-range effects of their dietary changes.

**For more information, try . . .** JAMA, Feb 8, 2006, Vol. 295, No. 6 and <http://www.whi.org/findings/dm/dm.php>

## Spring 2006

### Inside

Ready-to-copy Handout for Kids ..... 2

Recipe: Asian Snow Peas ..... 2

What's New? ..... 3

More Pea Trivia ..... 3

Save the Date! Fruit and Vegetable Nutrition Conference in Concord This Fall ..... 3

Order Form ..... 3

Pea Trivia Answers ..... 4

Recipe: Stir-Fried Rice 4

5 A Day Lending Library ..... Insert

## New School Vending Guidelines



If you are developing a school nutrition policy, consider getting a copy of the newly-released *Recommended Nutrition Guidelines for Vending and Other Foods Sold at School*. The recommendations apply to all foods offered within a school's control but outside the federally regulated child nutrition programs. To address childhood obesity, the guidelines promote foods and beverages that are high in nutrients and low in calories.

The guidelines were developed by a subcommittee of the AFHK – New Hampshire Healthy Schools Coalition. For a copy, contact the 5 A Day Program at 271-4830.



## Chef Pat Produce

Chef Pat Produce is back to show you how easy it is to prepare fresh:

- Green peas
- Snow peas
- Sugar snap peas

Once you learn, you can:

- Add them to your favorite recipe
- Put them in a salad
- Eat them raw as a snack – either plain or with a low fat dip



## Green Peas (English Peas)

- First, rinse the peas.
- Next, you need to shell the peas. First, pinch the stem off with your fingernails.
- Pull the string all the way down the pod. The pod will pop open!
- Push the peas out with your thumb.
- Rinse all the peas.
- Throw away the pods or add them to your compost.
- Eat the peas.



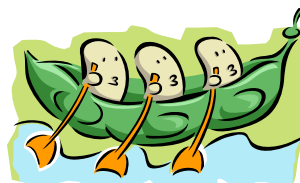
## Snow Peas (Chinese Pea Pods)

- First, rinse the pea pods.
- Cut the tips from both ends of the pod. You can use kitchen shears.
- Eat the peas and the pods.



## Sugar Snap Peas

- First, rinse the pea pods.
- Then remove the strings. They run down both sides of the pod.
  - Start at the bottom tip and pull the string up the front.
  - Then snap the stem off.
  - Next pull the string down the back of the pod.
- Eat the peas and the pods.



## Pea Trivia

Look for your answers online. Search for “*pea trivia*.” Also, try visiting [www.cdc.gov/5aday/](http://www.cdc.gov/5aday/), then click on “Fruit and Vegetable of the Month.”

1. What fairy tale features a pea?
2. President Thomas Jefferson grew 15 varieties of this vegetable in his garden. It was his favorite. Can you name it?
3. Green peas are a member of the \_\_\_\_\_ family.

## Asian Snow Peas



**Makes 4 servings**

**Recipe from** <http://www.cdc.gov/5aday>

1 teaspoon oil (use sesame oil for extra flavor)

½ pound fresh snow peas, trimmed

½ cup diagonally sliced carrots

¼ sliced water chestnuts

½ cup low-sodium chicken broth

1 teaspoon low-sodium soy sauce

1 teaspoon cornstarch

- Add oil to a nonstick skillet and heat over medium-high heat.
- Add snow peas and carrots. Sauté 2 minutes.
- Add water chestnuts and broth. Bring to a boil. Cover.
- Reduce heat and simmer 5 minutes or until vegetables are crisp-tender.
- Mix soy sauce and cornstarch, stir until cornstarch dissolves. Add to vegetable mixture.
- Cook over medium heat, stirring constantly, until sauce thickens. Serve immediately.

**Nutrients per serving:** 50 calories, 2 gram fat, 0 grams saturated fat, 8 grams carbohydrate, 2 grams protein, 0 milligrams cholesterol, 3 grams fiber, 65 milligrams sodium, 15% calories from fat.

## What's New?

All three titles can be ordered with the form on this page.

**5 A Day Across the Curriculum** and **5 A Day at the Preschool** have been revised to reflect the new Dietary Guidelines and highlight new items in the Lending Library.

**5 A Day Catalog** The new PBH catalogs are in! Order a hard copy or visit them online at <http://www.shop5aday.com/>

**5 A Day Lending Library** Find out what's new in the library! Materials can be delivered to your local NH public library.

## More Pea Trivia

From <http://www.cdc.gov/5aday>



- Peas are a good source of low-calorie protein. About  $\frac{3}{4}$  cup provides 100 calories, less than one gram of fat, no cholesterol, and more protein than a whole egg or tablespoon of peanut butter.
- Snow peas should be shiny and flat with very small peas. Smaller pods are the sweetest and most tender.
- Sugar snap peas should be bright green, plump, and firm.
- It is best to serve fresh shelled peas the same day you buy them. Fresh peas should be refrigerated. Half of their sugar content will turn to starch within six hours if kept at room temperature. Refrigeration also maintains texture and nutrients.
- Refrigerate fresh peas in a perforated plastic bag.
- Do not wash peas before you store them. Wait until you are ready to shell the peas, then rinse them.

### Save the Date!

NH State Nutrition Action Plan Committee  
Community Action Agencies-TEFAP  
NH Department of Health and Human Services  
NH Department of Education  
North Country Health Consortium/ Northern NH Area Health Education Center  
UNH Cooperative Extension  
invite you to a

### Fruit and Vegetable Nutrition Conference



## Color Your Way to a Healthier Life

**Monday, October 16, 2006**  
**Grappone Conference Center**  
**Concord, NH**

**Look for flyer in September.**

**For more info: 800-942-4321 or [5aday@dhhs.state.nh.us](mailto:5aday@dhhs.state.nh.us)**  
**CEUs will be available for a variety of professionals.**

## Order Form

★ = Recently revised or new item

### Ready-to-Copy Materials

- ☐ Activity Sheets for Kids of All Ages
- ☐ Fruit and Veggie Quiz
- ☐ Fruit and Veggie Bingo ("ice-breaker" educational activity with Bingo card)
- ☐ How many fruits and vegetables do adults/boys/girls need?
- ☐ Knock! Knock! Bookmarks (60 jokes)
- ☐ What does a tennis ball have to do with fruits and vegetables?

### Programming Ideas

- ☐ ★ Book List (children's books)
- ☐ ★ Creative Ways to Add Fruits and Veggies to Your Wellness Events
- ☐ ★ 5 A Day Across the Curriculum
- ☐ ★ 5 A Day at the Preschool
- ☐ ★ 5 A Day at the Worksite
- ☐ ★ 5 A Day Lending Library
- ☐ It's an election year . . . run a produce campaign! (educational activity with ready-to-copy ballot)
- ☐ ★ PBH Official 5 A Day Catalog
- ☐ Resources for Promoting 5 A Day

**Fax (271-4160) or mail this form to:**  
**NH 5 A Day for Better Health Program,**  
**29 Hazen Drive, Concord, NH 03301**

**Please add me to the NH 5 A Day News mailing list. Send me:**

- ☐ ★ Electronic copy ☐ Hard copy

Name .....

Title.....

Agency/School.....

Address.....

Town, State .....

Zip .....

Phone .....

- ☐ ★ Please e-mail the materials to me at:

★ E-mail .....

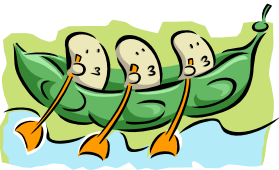


## 5 A Day for Better Health

is a national campaign to increase Americans' consumption of fruits and vegetables to promote good health and reduce the risk of some cancers and other chronic diseases. The national partnership includes:

- American Cancer Society
- American Diabetes Assoc
- American Heart Assoc
- California Department of Health Services
- Centers for Disease Control and Prevention
- Council of 5 A Day Coordinators
- National Alliance for Nutrition and Activity
- National Cancer Institute
- Produce for Better Health Foundation
- Produce Marketing Association
- United Fresh Fruit and Vegetable Association
- US Department of Agriculture

**NH 5 A Day News** is issued by the New Hampshire 5 A Day for Better Health Program (603-271-4830) three times a year.



## Answers: Pea Trivia

1. The Princess and the Pea.
2. The English pea was Thomas Jefferson's favorite vegetable.
3. Green peas are a member of the legume family.

8269

NH Department of Health and Human Services  
Division of Public Health Services  
Nutrition and Health Promotion  
5 A Day for Better Health Program  
29 Hazen Drive  
Concord, NH 03301-6504



## Stir-Fried Rice

Makes 6 side-dish servings  
Recipe from <http://cdc.gov/5aday>

- 1 cup rice (white or brown)
- 1 cup chicken broth
- ½ cup egg substitute
- ½ teaspoon mustard powder
- 2 cloves garlic
- 1 teaspoon shredded fresh ginger

- ½ cup carrot chopped into small pieces
- ½ cup frozen peas
- 8-ounce can of sliced water chestnuts, drained
- 1 tablespoon reduced sodium soy sauce



- Cook rice as directed but substitute 1 cup chicken broth for 1 cup water. Let rice cool to room temperature or cover and refrigerate until ready to use.
- In a small bowl mix together egg substitute and dry mustard until blended.
- Lightly coat a large skillet or wok with nonstick vegetable spray. Heat skillet over medium heat and add egg mixture. Cook the egg mixture without stirring until it begins to set. Stir and cook until the egg bits are small and crumbly. Remove and set aside.
- Slightly heat the skillet, then spray it with nonstick spray. Add garlic and ginger. Cook and stir over medium-high heat until fragrant, about 1 minute.
- Add the carrots and peas. Cook and stir for about 3 minutes until vegetables are tender.
- Stir in cooked rice, scrambled eggs bits, and water chestnuts. Cook and stir until heated through, about 3 minutes.
- Add soy sauce. Cook and stir for 2 minutes.

★ **Optional ingredients are not included in the dietary analysis.**

**Nutrients per serving:** 97 calories, 1.2 gram fat, 0.2 grams saturated fat, 16 grams carbohydrate, 6 grams protein, 0.2 milligrams cholesterol, 3 grams dietary fiber, 391 milligrams sodium, 11% calories from fat.

# 5 A Day Lending Library

A resource to enhance your fruit and vegetable programming

## Plan Ahead

Be sure to have *what* you need *when* you need it. Reserve materials as far in advance as possible.

**Materials can now be delivered to your local NH public library.**

800-852-3345, Ext. 0562 or 7060

603-271-0562 or 603-271-7060

[cfirman@dhhs.state.nh.us](mailto:cfirman@dhhs.state.nh.us)

[jmverdon@dhhs.state.nh.us](mailto:jmverdon@dhhs.state.nh.us)



For the complete audiovisual and print collection lists, go to <http://www.dhhs.nh.gov/DHHS/DPHS/lending-library.htm>

## Print Collection

\* = New or Revised Item

**Arizona 5 A Day for Better Health Fruit and Vegetable Activity Book for Child Care Programs** Activities, recipes, teacher fact sheets, student activity sheets. LEVEL: Pre-K to elementary.

**Celebrate! Healthy Entertaining for Any Occasion** Plan healthy themed events – recipes included. LEVEL: Adult.

\* **The Color Code: A Revolutionary Eating Plan for Optimum Health** Learn how eating a colorful variety of fruits and vegetables every day can help prevent common age-related illness. Includes meal plans and 75 recipes. LEVEL: High school to adult.

\* **Dr. Richter's Fresh Produce Guide** Learn about 300+ produce varieties. Includes photos, nutrition, selection, preparation, handling and cooking tips. 84 pages. Spiral bound. LEVEL: High school to adult.

**Eat the Alphabet** A colorful A to Z tour of produce with glossary and pronunciation guide. 40 pages. Paperback. LEVEL: Pre-K to grade 2.

\* **5 A Day Quantity Recipe Cookbook** Forty recipes (for 25, 50 or 100 servings) for use at schools, worksites etc. LEVEL: Adult.

\* **5 A Day Works!** 5 A Day success stories. LEVEL: Professional.

\* **Got Dirt?: A 5 A Day Garden Toolkit for Implementing Community Childcare and School Gardens** With how-to details, success stories, and resources. Spiralbound. LEVEL: Professional.

**Growing Vegetable Soup** A father and child share the joys of growing vegetables and cooking a delicious vegetable soup. Includes recipe. 30 pages. Paperback. LEVEL: Ages 4-8.

**The Health Benefits of Fruits and Vegetables: A Scientific Overview for Health Professionals** 1999-2001 literature review. LEVEL: Professional.

\* **A Healthier You: Based on the Dietary Guidelines for Americans** Includes 100+ pages of recipes. LEVEL: Adult.

**Kids . . . Get Cookin'! (English and Spanish)**

Try the 20+ kid-friendly fruit and vegetable recipes. LEVEL: Middle school.

**Meeting Well: A Tool for Planning Health Meetings and Events** Learn why and how to plan healthy meetings or themed events – including the “Menu Maker” tool. LEVEL: Adult.

**Monograph: 5 A Day for Better Health Program** Profiles media use, social marketing, community interventions, coalition building and program support. LEVEL: Professional.

\* **State of the Plate 2005** An in-depth analysis of produce intake and consumer motivations. LEVEL: Professional

**Teach 'em 5 A Day: 5 A Day Tool Kit** Activity driven curriculum with worksheets, definitions and “Instant Expert section. LEVEL: Grades K-2.

**Trends in the United States: Consumer Attitudes & the Supermarket, 2002** Includes consumer outlook, consumer view of the supermarket, shopping habits, meal solutions, nutrition, and food safety. 100 pages. Paperback. LEVEL: Professional.

**Vegetable Magic** Stories, gardening, games and more. LEVEL: Pre-K and K.

\* **Volumetrics Weight Control Plan: Feel Full on Fewer Calories** by Barbara Rolls, Ph.D. and Robert A. Barnett Points the way to a sensible strategy of controlling calories by eating filling, low-energy-dense foods, like fruits and vegetables. Features dozens of recipes and menu suggestions. 336 pages. Paperback. LEVEL: High school to adult.

\* **The Volumetrics Eating Plan: Techniques and Recipes for Feeling Full on Fewer Calories** by Barbara Rolls, Ph.D. Everyone can enjoy tasty and satisfying meals that will help maintain their weight or lose those extra pounds, while learning the pleasures of cooking the Volumetrics way. 336 pages. LEVEL: High school to adult.

**Watch the Colors Grow** Vibrant photography captures attention as little ones listen to story about the colors of produce. 10 pages with flip-up windows. Paperback. LEVEL: Toddlers.

Audiovisual Collection begins on page 2

# Audiovisual Collection

★ = New or Revised Item

★ **Add Color to Your Palette: School Foodservice Guide Series** LEVEL: Foodservice professionals.

- **Successful Implementation Models for Increased Fruit and Vegetable Consumption** Foodservice, promotion, and education models. 60 pg, spiral bound.
- **CD with checklists; production sheets; taste test evaluation form; sample salad bar set ups; parent letter, sample menu.**
- **Promotions, Activities and Resources to Increase Fruit and Vegetable Consumption** Themed promotions, creative ideas, websites and resources, holiday tie-ins. 10 pages, spiral bound.

★ **Color Way Creative Pockets Kit – plus Nutrition, Fitness and Play Teaching Cards** Nutrition and fitness lessons come alive with an apron, 14 teaching cards (7 nutrition lesson plans plus 7 “Nutrition, Fitness and Play” cards with 5 additional lessons), 116 English/Spanish produce flashcards and 8 reproducible masters. A DVD for educators is also available. LEVEL: Pre-K to grade 2.

★ **Color Way Game** Learn the benefits of eating a rainbow of colors; 2-5 players. LEVEL: All.

★ **5 A Day Adventures Interactive CD, version 2000** (MAC/PC) Educational modules, games, songs. LEVEL: Ages 5-10.

★ **5 A Day Bingo** Clue cards with fruit and vegetable trivia. LEVEL: All.

★ **5 A Day Bingo (English/Spanish)** Group game from the California 5 Day Program. Bingo cards for 16 players. LEVEL: All.

★ **5 A Day and Physical Activity Toolbox for Community Educators** California Latino 5 A Day Program materials with nutrition and physical activity lessons include a 20-minute Spanish novella video, *Living the 5 A Day Way* CD (English/Spanish songs), deck of 5 A Day English/Spanish cards, handouts, resources, posters, quiz, evaluation tools, and 14 lessons (7 nutrition, 1 advocacy 6 physical activity). LEVEL: Educators.

★ **5 A Day Display** Borrow this display for your next health fair! Center panel 22" x 34", side panels 11" x 34". Comes in carrying case. LEVEL: All.

★ **5 A Day Live! Musical Performance Kit and Cassette** Based on an evening news broadcast, contains scripts, choreography, costume and scenery ideas, lyrics, sheet music, audiocassette. LEVEL: Grades K-6.

★ **5 A Day Rap & Jammin' 5 A Day Songs** Ten songs on two audiocassettes with printed lyrics. LEVEL: Kids of all ages.

★ **Fresh from the Family Farm** This video follows 7-year-old Nick as he visits a family farm and solves the mystery of growing fruits and vegetables. 30 minutes. LEVEL: Elementary to Junior High.

★ **Fruit and Vegetable Fanfare** Interactive flip-panel book and 15 cards for games – solitaire or groups. LEVEL: All.

★ **Fruits and Vegetables: Lily Bets on Five A Day** Learn about buying produce in season and easy ways to prepare fruit that is over- or under-ripe. LEVEL: Junior high to adult.

★ **Fruit and Veggie Race Board Game** Children learn about eating a rainbow of fruits and vegetables as they acquire and lose game cards, and win by finishing with the most game cards in hand. Includes 3 levels of age-appropriate play. For 2 to 5 players. LEVEL: 3 years and older.

★ **Fruit and Veggie Recall** In this classic memory game, players match the words and photos. Includes 40 English/Spanish cards and instructions with 5 A Day the Color Way info. LEVEL: Pre-K to Adult.

★ **Getting a Head Start with 5 A Day Fun Kit!** VHS video and ready-to-copy materials for Head Start families and staff. LEVEL: Professionals working for Head Start or preschools.

★ **Groovin' Foods Music CD** Six entertaining songs about healthy eating with lyrics that suggest dance moves. Rock 'n' Roll, Latin, Reggae, and Pop tunes including “The Fruit Freeze” and “Veggie Meringue.” LEVEL: Kids of all ages.

★ **Smart Fruit and Veggie Songs Music CD** Ten songs promote healthy eating and having fun with fruits and vegetables. Upbeat rhythms and a mouthful of catchy lyrics encourage movement. Instrumental versions are provided for more interaction, background music and personal creativity. Lyrics at <http://www.abridgeclub.com> LEVEL: Kids of all ages.

★ **Supersize Me! (educationally enhanced edition)** DVD, Teacher's edition, PG. Filmmaker Morgan Spurlock interviewed Surgeon Generals, gym teachers, cooks, kids, lawmakers and legislators about our ever-expanding girth. Spurlock put his own body on the line, living on nothing but McDonald's for an entire month. It all adds up to a fat food bill, harrowing visits to the doctor, and compelling viewing. Includes games, activities and reproducibles. LEVEL: Grades 6-12.

★ **Veggie Power! Music CD** Eleven fun-filled songs with upbeat music and funny lyrics catch children's attention while delivering the 5 A Day message. Includes *Veggie Power*, *Karate Carrot*, *Phyto Fighters*, and *Get in the Habit Now*. LEVEL: Pre-K to middle school.

★ **Yummy Fruit and Vegetable Games** Multiple lessons and games including Bingo. LEVEL: All.

